



Values Worksheet

My "Top ten" favorite activities:

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

Values:

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

From the list you have generated see if you can pick out what your top values are. Are you doing activities that support what you say your top values are? If not, then maybe you have to re-access your values and try again.



Values Worksheet

Now look at your list. In the space below, list your top five personal values in order of priority, with number one as the most important.

1. _____ first priority
2. _____ second priority
3. _____ third priority
4. _____ fourth priority
5. _____ fifth priority

You have assigned priorities to your most important personal values. Now ask yourself the following questions and write your answers in the spaces provided.

1. Does your life right now reflect your values? Is the time you spend consistent with your priorities?

2. If the time you spend in your life right now does not reflect your personal values, how can you change your life so that the time you spend is more in keeping with your values?



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3. Are there some parts of your life that you would like to change but that you cannot right now? If so, what is your timetable for bringing your lifestyle more into harmony with your values?
4. What kind of career or career change would be most in keeping with your personal values?
5. Think about someone whom you have known and respected, someone who may have served as a role model for you. What special qualities did that person have?
6. Which of these qualities would you like to develop?